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- Community Support Groups
- Go Paperless?

Interested in going paperless?
Want e-mail version?

Check it out!!

<https://mailchi.mp/00959fcf4d9b/caregiversupportdc>

Sign up and Enjoy Today!!

Did You Know???

North Davis Senior Activity Center--

Started out as "Heritage Community Center" when there were just small towns of farms and fields. "Heritage" closed their location for more room in 2011. It reopened as the "North Davis Senior Activity Center" to its new location adjacent to the county Health Department as it stands today.

Central Davis Senior Activity Center--

Was built in 1991 as "Autumn Glow Senior Center" located in Kaysville. Later in 2016 was renamed to "Central Davis Senior Activity Center" at the same location in Kaysville.

South Davis Senior Activity Center--

Was built in 1977 as "Golden Years Senior Center" located in Bountiful. Later in 2017 was renamed to "South Davis Senior Activity Center" at the same location in Bountiful.

Now when seniors hear North- Central- South Davis, they will know that Davis County is covered from North to South and in between!

Alzheimer's Association Dementia Caregiver Support Groups

- Bountiful South Davis Community Hospital 401 S 400 E Beautiful, 1st & 3rd Thursdays @ 3 - 4:30pm
- Layton Hill Air Force Base/Warrior Fitness Center Bldg 533, HAWC Classroom, Meeting 2nd Monday @ 11a - 12pm *Must have military ID to attend*

24/7 Alzheimer's Support Helpline

800- 272-3900 and TDD 1- 866-403-3073

- **The NAMI Connection Support Group**, which helps those living with brain disorders/mental illness, will meet from 7 p.m. to 8:30 p.m. every Wednesday, at the IHC Clinic, 390 N. Main, in Bountiful.

-North Family Support Group, North Davis Senior Center, 42 S. Main, Clearfield. For further information, call Mike Prinster, 801-499-1398; or Noni Dangerfield, 801-547-9313.

-South Family Support Group, IHC Clinic, 390 N. Main St., in Bountiful. For further information, Cindy Bull, 801-698-2661.

S.A.G.E./LGBTQ

Salt Lake City area -Tenth East Senior Center

Ogden area- Washington Terrace Senior Center- Make new friends and get to know other LGBTQ older adults near you. For more information Call: (385) 468-3140

Parkinson's Support Group

Meets at North Davis Senior Activity Center (42 S. State St., Clearfield) For more information contact; Dale George (801) 451-6238



The Caregiver Telegram SEPTEMBER 2019

2019 Senior Center Month

Happy Senior Center Month!! "The Key to Aging Well"

The Top 10 Tips on "How to Age Well"

- Use Sunscreen.
- Give Yourself Reasons to Smile.
- Exercise Regularly and Practice Good Posture.
- Watch you what you eat.
- Spend Time In Nature.
- Maintain A Positive Attitude.
- Learn to Laugh More.
- Visit your Dentist.
- Get Enough Sleep.
- Drink Plenty of Water.

Resources:

<https://www.ncoa.org/>

<https://www.aging.com/ten-tips-to-age-beautifully/>

<https://www.webmd.com/healthy-aging/deatures/secrets-of-aging-well#1>

Caregiving and Your Local Senior Center!

Visiting your local Senior Activity Center can mean getting out of the house, and socializing with others. Activity Centers offer a variety of classes, trips, fun activities, volunteer opportunities, entertainment, and physical activities.

Caregivers can have some piece of mind knowing that their senior loved ones are spending their day in the company of others and with some supervision. Not only that, they are offered a nutritious meal each day they participate.

Also it offers some respite time for the Caregivers while the during the time their senior loved one is enjoying the activities at the center. Caregivers can get some housework done, do errands, make a meal, visit their own doctor, spend time with friends, or simply sit down for a uninterrupted rest.

A great caregiver benefits is the much needed opportunity to tend to your own needs. It is "OK" to have a break.

Being able to give your senior loved one a safe haven where they will enjoy their time and interact with others while allowing you a little breathing room to recharge your own batteries is invaluable!

Thank you for ALL you do!

Resources:

<http://www.co.davis.ut.us/seniors>

<http://seniorcarecorner.com/local-senior-centers/by>

Kathy Birket

<https://www.nia.nih.gov/health/caregiving>



**TOGETHER, WE CAN END
ALZHEIMER'S DISEASE.**

2019 Walk to End Alzheimer's - Weber/Davis, UT September 14, 2019

Registration at 4pm
Ceremony at 5pm
Walk at 5:30pm

Layton Commons Park
437 North Wasatch Drive
Layton, UT 84041

Join Our Team! Davis County Health/Senior Services

<https://www.alz.org/walk>

THE ACTIVITIES Jar

What's happenin' around you.....

★ **North Davis Senior
Activity Center**
42 S State Street, Clearfield UT
84015 #801-525-5080

★ **Central Davis Senior
Activity Center**
81 E Center Street, Kaysville UT
84037 #801-444-2290



Pinochle!!
Every Thursday
@ 12:00 pm
More the merrier!



Arts and Crafts!!
Every Thursday
@ 9:00 am
Finish those projects that
you started a long time
ago!!

★ **South Davis Senior Activity Center**
726 South 100 East, Bountiful UT 84010
801-451-3660

Pencil Art!!
Every Monday
@ 9:00 am
Watch your talent grow!

SEPTEMBER: FUN FACTS!!

Sept 4th- Newspaper Carrier Day!! Newspaper carriers date back to the early 1800s. On September 10, 1833, 10 year old Barney Flaherty became the first newspaper carrier. Benjamin Day, publisher of *The New York Sun*, hired Barney Flaherty to sell papers for his penny press. The only job requirement, was that he had to show that he could throw a newspaper into the bushes.

Sept 8th- Grandparents day! It is time to celebrate those special people who are always there with a hug, a kiss, a cookie, something special, or take us somewhere.

Sept 10th- Sewing Machine Day!! The first sewing machines were made in France in the 1830s. It wasn't until 1846, that they were patented in the U.S. What a great invention. Prior to its creation, clothes items were sewn together by hand...stitch by stitch.

Sept 21st- Oktoberfest Begins! Oktoberfest is not just a celebration of beer. It is a huge festival with lots of food, music, dancing, rides, and carnival booths. Each year millions of people from all over the world come to the fair. Oktoberfest celebrations and festivals are held around the world during this time. These festivals also celebrate the rich heritage of the German people.

<http://holidayinsights.com/moreholidays/september.htm>



Medicare

Medicare 101 Class

Free Medicare Information classes for those turning 65 or those that will be retiring soon.

Classes: (wed) Sept 11th @ 6:30-7:30 - Centerville Library.

& (thur) Sept 12th @ 6:30-7:30 - Kaysville Library



Do you need help with Prescriptions costs?

Is your Monthly income:
Single: less than 1,485
Married: less than 2,003
Are your Assets:
Single: less than \$13,640
Married: less than \$27,250

You may be eligible for help
paying for
prescription drug costs
Call Davis County
Senior Services
SHIP/SMP at
801-525-5050 opt 5



Educational Corner

Dementia Dialogues™

Dementia Dialogues

Dementia Dialogues is a three-week learning experience designed to educate caregivers of persons who exhibits signs and symptoms associated with Alzheimer's Disease or related dementia. **Workshop:** Email: swafihospice@gmail.com or call Amber 801-546-7417 OR Sheryl 801-525-5127.

Stepping On

Stepping On - Building Confidence and Reducing Falls

Stepping On is a seven-week workshop where you will learn exercises and strategies to help you stay strong, active, and independent. Avoiding falls is key to your independents. **To sign up, call Priscilla 801.525.5087 or visit: livingwell.utah.gov -Fall Prevention**

Living Well with Chronic Conditions

The workshop is goal-orientated and shown to improved health outcomes for people looking to better manage their Condition. Free six-week workshop. **Workshop:**
To sign up, call Priscilla 801.525.5087

The Caregiver Academy

The Caregiver Academy is a free series of six workshops that assist family and community caregivers in developing the skills needed to manage an in-home care environment. Each participant receives a free Managing Care Guide.

The Six Workshops:

University of Utah Farmington Clinic
165 North University Avenue, Farmington

Wednesdays at 11:00 am to 12:30 pm

Sep. 18: Finding Caregiver Resources

Sep. 25: Building Caregiver Resilience

Oct. 2: Setting Good Care Boundaries

Oct. 9: Involving Family and Others

Oct. 16: Managing Difficult Behaviors

Oct. 23: Understanding Care Options

Space Limited.
Registration is required.
To sign up call
801.525.5050, Option 5



**Davis County
Health Dept
Will be
Closed on
Sept 2, 2019**

Safe Holiday!!